

BOYS

		9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs	17yrs +	All Age Groups
50m Freestyle	<i>no faster than</i>										24.50
	<i>no slower than</i>										53.80
100m Freestyle	<i>no faster than</i>			1.04.02	1.00.25	57.53	56.17	55.10	54.40	53.80	
	<i>no slower than</i>			1.42.90	1.31.50	1.23.40	1.18.30	1.15.40	1.13.40	1.11.60	
200m Freestyle	<i>no faster than</i>	2.27.30	2.27.30	2.18.94	2.11.04	2.05.58	2.01.87	1.59.38	1.59.38	1.59.38	
	<i>no slower than</i>	4.13.40	4.13.40	3.43.20	3.18.00	2.55.50	2.44.60	2.37.50	2.34.50	2.32.50	
400m Freestyle	<i>no faster than</i>		5.20.40	5.00.40	4.43.60	4.30.60	4.21.20	4.14.60	4.09.60	4.06.90	
	<i>no slower than</i>		7.15.60	7.00.00	6.45.50	6.34.00	6.25.50	6.10.00	6.00.00	5.55.50	
1500m Freestyle	<i>no faster than</i>			20.00.00	19.00.00	18.00.00	17.15.00	17.00.00	16.50.00	16.40.00	
	<i>no slower than</i>			27.20.00	26.30.00	26.00.00	25.15.00	24.30.00	24.00.00	23.40.00	
50m Breaststroke	<i>no faster than</i>										30.10
	<i>no slower than</i>										1.09.70
100m Breaststroke	<i>no faster than</i>			1.24.80	1.19.33	1.14.92	1.11.40	1.09.93	1.08.00	1.07.03	
	<i>no slower than</i>			2.24.10	1.59.20	1.48.30	1.41.80	1.37.60	1.36.00	1.35.00	
200m Breaststroke	<i>no faster than</i>	3.14.00	3.14.00	3.00.19	2.49.39	2.42.73	2.34.03	2.30.62	2.28.30	2.26.20	
	<i>no slower than</i>	5.09.00	5.09.00	4.29.50	3.56.40	3.33.10	3.15.90	3.12.90	3.10.90	3.09.90	
50m Butterfly	<i>no faster than</i>										26.20
	<i>no slower than</i>										1.05.00
100m Butterfly	<i>no faster than</i>			1.12.60	1.07.40	1.03.93	1.01.46	1.00.90	59.80	58.80	
	<i>no slower than</i>			1.59.50	1.48.00	1.39.90	1.34.80	1.31.90	1.30.90	1.30.10	
200m Butterfly	<i>no faster than</i>	3.00.90	3.00.90	2.43.91	2.30.16	2.21.26	2.15.80	2.13.90	2.11.80	2.08.70	
	<i>no slower than</i>	4.54.40	4.44.40	4.13.50	3.53.00	3.32.80	3.15.30	3.00.30	2.59.30	2.54.30	
50m Backstroke	<i>no faster than</i>										26.70
	<i>no slower than</i>										1.01.05
100m Backstroke	<i>no faster than</i>			1.14.20	1.09.37	1.05.86	1.03.24	1.01.70	1.00.40	59.50	
	<i>no slower than</i>			1.59.30	1.46.60	1.42.60	1.37.50	1.29.70	1.27.70	1.25.70	
200m Backstroke	<i>no faster than</i>	2.50.20	2.50.20	2.37.19	2.28.60	2.21.27	2.16.60	2.12.70	2.10.40	2.08.90	
	<i>no slower than</i>	4.40.80	4.30.80	4.15.30	4.00.40	3.48.30	3.28.90	3.19.20	3.09.20	2.57.20	
100m Ind Medley	<i>no faster than</i>	1.24.90	1.24.90	1.20.70	1.16.00	1.12.50	1.08.50	1.06.00	1.05.00	1.03.50	
	<i>no slower than</i>	2.18.60	2.08.60	1.58.00	1.52.00	1.42.60	1.37.50	1.32.60	1.31.50	1.25.00	
200m Ind Medley	<i>no faster than</i>	3.01.60	2.55.30	2.43.50	2.34.30	2.26.50	2.19.80	2.15.60	2.13.30	2.11.80	
	<i>no slower than</i>	4.41.50	4.31.50	3.59.10	3.39.00	3.19.00	3.09.60	2.53.80	2.47.30	2.45.30	
400m Ind Medley	<i>no faster than</i>			5.45.00	5.20.00	5.00.00	4.50.00	4.45.00	4.40.00	4.35.00	
	<i>no slower than</i>			7.20.00	7.05.00	6.54.00	6.45.50	6.35.00	6.25.00	6.15.00	

50M Events - 9/10 year olds must enter and compete in at least 2 x 200m events in order to enter 50m events

GIRLS

		9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs	17yrs +	All Age Groups
50m Freestyle	<i>no faster than</i>										26.80
	<i>no slower than</i>										53.80
100m Freestyle	<i>no faster than</i>		1.12.00	1.07.00	1.03.06	1.02.00	1.00.90	1.00.00	59.40	58.40	
	<i>no slower than</i>		1.50.90	1.38.50	1.29.50	1.22.40	1.20.30	1.19.40	1.17.40	1.16.60	
200m Freestyle	<i>no faster than</i>	2.49.90	2.33.20	2.24.30	2.16.90	2.12.80	2.10.90	2.08.90	2.07.60	2.07.20	
	<i>no slower than</i>	4.35.40	4.19.40	3.49.20	3.23.00	3.02.50	2.53.60	2.44.50	2.40.50	2.39.50	
400m Freestyle	<i>no faster than</i>		5.25.20	4.59.80	4.44.30	4.36.60	4.32.30	4.28.90	4.27.30	4.26.80	
	<i>no slower than</i>		7.20.60	7.01.00	6.46.50	6.40.00	6.36.50	6.24.00	6.17.00	6.15.50	
800m Freestyle	<i>no faster than</i>		11.15.00	11.00.00	10.35.00	10.00.00	09.45.00	09.30.00	09.20.00	09.10.00	
	<i>no slower than</i>		16.45.00	16.30.00	16.15.00	15.50.00	15.40.00	15.30.00	15.20.00	15.00.00	
50m Breaststroke	<i>no faster than</i>										33.50
	<i>no slower than</i>										1.09.70
100m Breaststroke	<i>no faster than</i>		1.33.00	1.25.90	1.21.10	1.18.00	1.15.70	1.14.90	1.14.70	1.14.10	
	<i>no slower than</i>		2.40.00	2.25.10	2.01.20	1.52.30	1.45.80	1.42.60	1.43.00	1.42.00	
200m Breaststroke	<i>no faster than</i>	3.37.00	3.18.00	3.04.00	2.53.90	2.47.00	2.43.30	2.41.60	2.40.90	2.40.60	
	<i>no slower than</i>	5.32.00	5.13.00	4.33.50	4.20.40	4.10.10	3.44.90	3.39.90	3.35.90	3.31.90	
50m Butterfly	<i>no faster than</i>										28.80
	<i>no slower than</i>										1.05.00
100m Butterfly	<i>no faster than</i>		1.22.20	1.15.40	1.10.90	1.08.70	1.06.90	1.06.30	1.05.80	1.05.40	
	<i>no slower than</i>		2.20.00	2.02.50	1.58.00	1.53.90	1.48.80	1.40.90	1.34.90	1.30.10	
200m Butterfly	<i>no faster than</i>	3.36.10	3.03.60	2.46.60	2.36.10	2.30.40	2.26.10	2.23.80	2.23.10	2.22.10	
	<i>no slower than</i>	5.04.40	4.57.40	4.43.50	3.38.00	3.33.80	3.28.30	3.23.30	3.13.30	3.08.30	
50m Backstroke	<i>no faster than</i>										30.10
	<i>no slower than</i>										1.01.05
100m Backstroke	<i>no faster than</i>		1.21.50	1.15.30	1.11.00	1.08.70	1.07.60	1.06.03	1.06.00	1.05.80	
	<i>no slower than</i>		2.10.00	2.01.30	1.58.60	1.45.60	1.41.50	1.34.70	1.33.70	1.32.70	
200m Backstroke	<i>no faster than</i>	3.08.80	2.52.10	2.38.90	2.31.50	2.27.30	2.24.10	2.21.70	2.20.60	2.20.10	
	<i>no slower than</i>	4.50.80	4.32.80	4.20.30	4.03.40	3.54.30	3.36.90	3.28.20	3.19.20	2.59.20	
100m Ind Medley	<i>no faster than</i>	1.33.90	1.26.90	1.21.50	1.17.50	1.15.50	1.12.50	1.10.50	1.10.00	1.09.50	
	<i>no slower than</i>	2.27.60	2.10.60	1.59.00	1.53.50	1.45.60	1.41.50	1.36.60	1.35.50	1.31.00	
200m Ind Medley	<i>no faster than</i>	3.12.70	2.54.80	2.42.70	2.34.60	2.30.50	2.27.40	2.25.30	2.24.70	2.24.40	
	<i>no slower than</i>	4.52.50	4.32.50	4.00.10	3.39.00	3.23.00	3.15.60	3.03.80	2.58.30	2.57.30	
400m Ind Medley	<i>no faster than</i>			5.55.00	5.30.00	5.10.00	5.00.00	4.55.00	4.50.00	4.45.00	
	<i>no slower than</i>			7.30.00	7.15.00	7.04.00	6.55.50	6.45.00	6.35.00	6.25.00	

50M Events - 9/10 year olds must enter and compete in at least 2 x 200m events in order to enter 50m events